



A Weekly Reflection

What to do when you're bored in church.

It happens to the best of us—even those of us who are clergy. Our minds wander away from the topic of the sermon (and I can say that this week since I am preaching!), we begin thinking about yesterday's football game, and we construct our shopping list in the margins of the weekly bulletin. Try as we might, we will not always be fully present during every moment of worship.

And that is okay.

Part of the beauty of showing up at church week after week, and going through the motions, even when we do not feel like it, is that God works on us in spite of—and even because of—these moments of boredom and fatigue. The next time you simply cannot focus on the liturgy, hymn, or sermon, own your boredom as an opportunity to get in touch with God in a different way.

1. *Focus on your breathing.* With every inhale, remember that God made you uniquely and, like a proud parent, expects wonderful things from your life. With each exhale, remember that God loves you no matter what you do.

2. *Look at the people in the pew ahead of you and pray for them.* If you know them, pray for their particular life circumstances. If you do not know them, pray for their week—that it may be filled with opportunities to grow in their love for God, to be known by God, and to serve creation.

3. *Notice the altar hangings and church decor.* The flowers, the candles, and the colors all tell a story about where we are in the church year. The subtlety or splendor of the surroundings invite us into deeper reflection upon Jesus' ministry and experience with the world.

Emily Rowell Brown

Nursery

We have nursery available for **infants through 4-year-olds** from 8:30 a.m. until 12 p.m. The nursery is located in the Preschool and Sunday School Building. Our nursery leader, Meg Zehmer, and Melissa Alicea will be happy to help you get your child settled into the nursery.

Worship bags

We provide worship bags that contain a coloring page based on the Gospel reading of the day. It also has a wonderful parent-focused message on the back to help you talk about the day's reading with your child. Worship bags are located in wood bins near the entrances to the church.

Sermons available

Find past sermons available in hard copy in the narthex of New St. Mary's, or visit stmarysgoochland.org/sermons to hear audio and download print versions.

Connect with us

We would love to learn more about you! If you are a visitor, please pick up a **welcome packet** from one of our ushers.

Would you like to write for us? Contact Ashley Cameron at acameron@stmarysgoochland.org to learn more.

TODAY'S SCHEDULE

9 a.m. Holy Eucharist Rite One, *Little St. Mary's*
10 a.m. Sunday School and Adult Education, *Sunday School, Education Building, and New Parish Hall*
11 a.m. Morning Prayer Rite One, *New St. Mary's*
Noon Reception in honor of the Rev. Emily Rowell Brown, *New Parish Hall*

Do you receive email from us?

Visit stmarysgoochland.org/communications to sign up for weekly updates and news from us.

See more at stmarysgoochland.org

WELCOME! Whether it is your first Sunday at St. Mary's, or your 401st, we're glad that you're with us. Please feel free to introduce yourself to a greeter, usher, or a clergy member, and consider filling out an information form. We invite you to join us on future **Sundays** at 10 a.m. for Eucharist and Morning Prayer, on Wednesdays for **Noonday Prayer** at 12 p.m. in beautiful and quaint Little St. Mary's, for a **class** or **Bible study**, or for many of our other **fellowship** and **outreach** offerings. **Little St. Mary's** is also **open** Monday through Friday between 8:30 a.m. and 4:30 p.m. and available to you for prayer and reflection. See the back page to get a sense of what we have going on around St. Mary's.

OPPORTUNITIES FOR FAMILIES TO BE MORE INVOLVED

Children's Ministries, led by director Amelia McDaniel, includes a dedicated team of over 15 teachers. They share the story of our faith with our children from age 3 through grade 5 **each week in Sunday School**. In addition, they provide additional material to enhance those children's experience of worship. **Get your children involved** by registering them for Sunday School, joining the Children's Choir, or becoming a reader at one of our worship services. **As a parent**, join book studies, participate in adult forum, and sit with your children as a family during worship.

Youth Ministries, led by director Matt Rawls, **serves youth in grades 6 through 12** through Sunday School, confirmation class, youth group gatherings, service projects, and mission trips. The youth ministry at St. Mary's is dynamic, vibrant, and growing. **Middle school youth group** meets the first and third Sundays of each month. **High school youth group** meets the fourth Sunday of each month (hopefully increasing as the year goes on!). In addition, following **parish supper on the third Wednesday** of each month, there will be a youth group gathering that is open to all middle school and high school students.

CHILDREN AND YOUTH

For the High School Students! Today, we kick off our high school Sunday morning meeting times. Led by Andy Howlett, Jesse McCoy, and Matt Rawls, we will begin by planning a mission trip for summer 2017. **This group will meet the fourth Sunday morning of every month.** And that's not all! On the second Sunday each month, high school students are invited to serve as mentors for the younger students. **All students in 9th-12th grade are welcome!** For more information, please email Matt Rawls at mrawls@stmarysgoochland.org.

Are you a parent searching for new strategies and advice? Look on the next page under Adult Education for a new program just for you!

WORSHIP

Jesus said to them, "Go into all the world and preach the gospel to all creation." Mark 16:15. Today, we join the larger Episcopal Church to celebrate **Social Media Sunday**. All over the country people are being invited to take out their cell phones and be a part of digital evangelism. Check into Facebook, update your status, and tell everyone you are at St. Mary's this morning! Or tweet the sermon! Instagram a selfie from Church! Simply **include the #SMS16** with your post. And **don't forget to 'LIKE' St. Mary's Facebook page, www.facebook.com/St.MarysGoochland/** to stay connected.

Blessing of the Animals is next Sunday, October 2 at 3 p.m.! We are not saying it will make your animals better or more well-behaved...but it can't hurt. **Bring your animals** (dogs, cats, horses, goats, chickens, lizards, birds, etc...) to the Church Yard in front of New St. Mary's to be blessed. Stay for treats—for yourselves and your animals—on the Terrace afterward (in case of rain, we'll gather in New St. Mary's for the blessing and the New Parish Hall for treats). Please be sure to secure your pet safely, on a leash or in a proper carrying case.

Remember your loved ones with an altar flower memorial. We invite you to give in honor of or in memory of a family member, friend, or someone special. During Christmas we have poinsettias and during Easter we have lilies,

but you may give **the gift of a flower memorial on any Sunday**. Please contact Lori Smiley at ismiley@stmarysgoochland.org to make a gift (contributions start at \$25) or to learn more. Checks may be made payable to St. Mary's Altar Guild.

ADULT EDUCATION AND MORE

Adult Forum continues today. Grab a delicious cup of coffee and come to the Adult Forum at **10:10 a.m.** to learn more about **what's going on at St. Mary's** in particular. Today, the Director of Communications & Parish Life, Ashley Cameron, Director of Children's Ministries, Amelia McDaniel, and Director of Youth Ministries, Matt Rawls share **more about the future of the ministries** they oversee. **Coming up**, the 2017 Stewardship co-chairs Jane duFrane, Fay Lohr, and Tom Slater; and a series on Presiding Bishop Michael Curry's book, *Crazy Christians*.

Parents are invited to join Amelia McDaniel, the Director of Children's Ministries, on **Thursdays in October** from 11 a.m. to noon as we **explore the common conundrum of how to parent**. Our guide will be Wendy Mogel's book, *The Blessing of the Skinned Knee*. Filled with thoughtful parenting advice, Mogel presents common sense and clear strategies for parenting our children. For more information, email Amelia McDaniel at amcdaniel@stmarysgoochland.org.

STEWARDSHIP

"Walk in Love" is the stewardship focus for 2017. The Annual Giving Campaign **kicks off next Sunday, October 2.** During the **Adult Forum at 10:10 a.m.** the co-chairs, Jane duFrane, Fay Lohr, and Tom Slater will share how we can all **use the gifts that God gives us to do the work God calls us to do**. Please join us to learn about St. Mary's 2017 goals, what your pledges support, and how you can pledge. You can pledge online at stmarysgoochland.org/pledge, email Gina Alexander at galexander@stmarysgoochland.org or call 784-5678. Thank you!

FOOD, FUN, AND FELLOWSHIP

Today is Emily's last Sunday! It is a bittersweet Sunday as we say 'goodbye' to Associate Rector Emily Rowell Brown, but also send her off onto an exciting new chapter. Join us in the New Parish Hall and out on the Terrace for a **reception in Emily's honor following the 11 a.m. service.**

Cause for celebration. We know that some of the best fellowship happens over food. Mark your calendars for the following dates:

- ❖ Beginning the **first Sunday of October**, we will **celebrate birthdays and anniversaries following the 11 a.m. service**. Join us for **cake** to accompany the coffee and wish fellow parishioners a happy birthday or anniversary.
- ❖ **Parish Breakfasts and Parish Suppers resume in October!** These meals are fun and delicious for all ages. Parish Breakfasts are on the **second Sundays** of each month **beginning at 9:30 a.m.**, and Parish Suppers are on the **third Wednesdays** of the month from **5:30-7 p.m.** **If you would like to help cook or serve, please contact Carrie Schaeffer at saintmarysfellowship@gmail.com.**

Save the Date! On **November 16 at 5:30 p.m.** St. Mary's will host a reception and a service of **Celebration of New Ministry** in honor of Weezie Blanchard becoming St. Mary's new Rector. Stay tuned for more details.

PARISH REGISTER

Transfers In:

Taylor Carrington Pace from St. Stephen's Episcopal Church
Leigh Pace from St. Stephen's Episcopal Church
Taylor Tompkins Pace from St. Stephen's Episcopal Church
Mary Malcolm Pace from St. Stephen's Episcopal Church
Betsy Pace from St. Stephen's Episcopal Church

Transfers Out:

James Edward Abbe, IV to St. Stephen's Episcopal Church
Jane Bell Dunlap Abbe to St. Stephen's Episcopal Church
Susannah Elizabeth Abbe to St. Stephen's Episcopal Church
Clayburn Ryan Dunlap to St. Stephen's Episcopal Church

Burials

Peter Nash Swisher

This Week at St. Mary's

**Sunday, September 25, 19th Sunday after Pentecost
(Proper 21)**

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*
Sunday School and Adult Education, 10 a.m., *Sunday
School Buildings and New Parish Hall*
Morning Prayer Rite One, 11 a.m., *New St. Mary's*
Reception in honor of the Rev. Emily Rowell Brown, 12
p.m., *New Parish Hall*

Monday, September 26

Pastoral Care Team 4, 10 a.m., *Old Parish Hall*

Tuesday, September 27

Cedarfield Lunch, 11:45 a.m., *Dining Hall at Cedarfield*
Staff Meeting, 2 p.m., *Old Parish Hall*
Vestry Meeting, 5 p.m., *Old Parish Hall*

Wednesday, September 28

Bible Study, 10 a.m., *Education Building Library*
Noonday Prayer, 12 p.m., *Little St. Mary's*
Pastoral Care Training and Reception, 4:30 p.m., *New
Parish Hall*
Children's Choir Practice, 5 p.m., *Choir Suite*

Thursday, September 29

Sunday School Teachers Dinner, 7 p.m., *Portico*
St. Mary's Choir Practice, 7:30 p.m., *Choir Suite*

Saturday, October 1

A.A., 10 a.m., *Education Building Classroom*

**Sunday, October 2, 20th Sunday after Pentecost
(Proper 22)**

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*
Sunday School and Adult Education, 10 a.m., *Sunday
School Buildings and New Parish Hall*
Holy Eucharist Rite Two, Choir Appreciation, 11 a.m.,
New St. Mary's
Blessing of the Animals, 3 p.m., *New St. Mary's*
Middle School Youth Group, 4 p.m., *Education Building*

THANK YOU!

Have you noticed the beautiful new furniture in the area outside of the St. Mary's Café (that we are now calling "Dover Lounge")? We owe a tremendous thanks to **Caroline and Ben Moomaw** who—with valuable input from the Dovers, Joan Wilkins, and others—helped bring the vision for a comfortable, inviting space for St. Mary's friends to life! They dedicated many hours to designing the space and assembling the furniture that we all now enjoy. Try out one of the new cozy chairs next time you're in the room!

Coming Up

Thursday, October 6

Parent Book Study, *Blessing of the Skinned Knee*, 11 a.m.,
Library

**Sunday, October 9, 21st Sunday after Pentecost
(Proper 23)**

Parish Breakfast, 9:30 a.m., *New Parish Hall*

Coming Soon

**Sunday, October 16, 22nd Sunday after Pentecost
(Proper 24)**

Choral Evensong, 5:30 p.m., *New St. Mary's*

Wednesday, October 19

Parish Supper, 5:30 p.m., *New Parish Hall*

CLERGY, STAFF, AND VESTRY

Gersain Agudelo, *Assistant Sexton*

Gina Alexander, *Parish Administrator*
galexander@stmarysgoochland.org

Melissa Alicea, *Nursery Assistant*

Adam Bailey, *Children's Choir Director*

Louise Browner Blanchard, *Rector*
wblanchard@stmarysgoochland.org

Emily Rowell Brown, *Associate Rector*
ebrown@stmarysgoochland.org

Ashley Cameron, *Director of Communications and Parish Life*
acameron@stmarysgoochland.org

Tammy Click, *Accountant*

W. Dwight Graham, *Organist and Choirmaster*

Robert G. Hetherington, *Priest Associate*

Amelia McDaniel, *Director of Children's Ministries*
amcdaniel@stmarysgoochland.org

Paul Pace, *Sexton*

Matt Rawls, *Director of Youth Ministries*
mrawls@stmarysgoochland.org

Lori Smiley, *Assistant to the Clergy*
lsmiley@stmarysgoochland.org

Meg Zehmer, *Nursery Director*

Susan Rawls, *Director of St. Mary's Episcopal School*

Vestry Members:

Al Rider, *Senior Warden*

Jane duFrane, *Junior Warden*

Bill Gooch, *Treasurer*

Charmaine Trice, *Register*

Scott Barton, Steve Guza, Brantley Holmes, Fay Lohr,

Tracey Ragsdale, Betsy Rawles, Bruin Richardson,

David Rose, and Tom Slater